

# How should I introduce common allergy-causing foods?

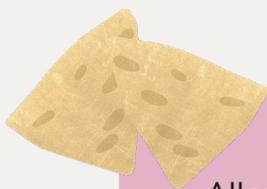
A food allergy is when the body reacts badly to a food or drink. Reduce the risk of allergies by giving common allergy-causing foods before 12 months.

Introduce 1 new food at a time and watch for allergic reactions. If there's no reaction, give it to your baby often (2 times a week).

All babies, even those at high risk, should try these foods in their first year.

## Signs of an allergic reaction:

- swelling of the face, lips and around the eyes
- vomiting
- watery poos
- skin rashes
- hives
- wheezing



Allergic reactions happen quickly, within minutes or 1-2 hours after eating.

## If your baby:

- has difficulty breathing
- is wheezing
- has a swollen tongue
- is pale or floppy



## Call an ambulance on 000.



If you think your baby has a food allergy or there is a history of food allergy in your family, contact your local doctor.



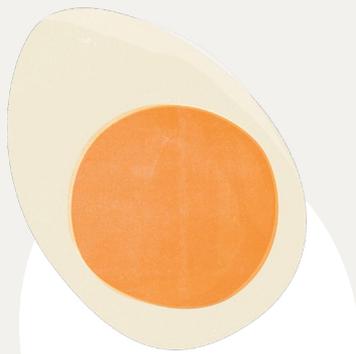
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## Common allergy-causing foods:



peanuts



eggs



dairy



tree nuts



fish



shellfish



wheat



soy



sesame seeds



For more information, visit:  
How to introduce common allergy  
causing foods - Prevent Allergies



For more information, visit:  
How to recognise an allergic  
reaction - Prevent Allergies



# Use this checklist of common allergy-causing foods to give your baby in their first year of life:

## TIP

whole nuts are a choking hazard, use a nut paste or grind nuts into a paste

### Peanuts



### Eggs



### Dairy

(choose from below)



cow's milk



cheese



yoghurt

### Tree nuts

(choose from below)



almonds



Brazil nuts



cashews



hazelnuts



walnuts



pistachio nuts



pecans



pine nuts



macadamias

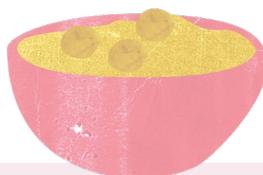


chestnuts

### Sesame seeds (choose from below)



tahini



hummus



sesame oil



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## Fish

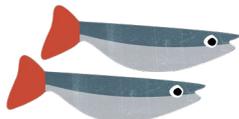
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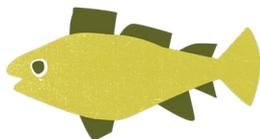
salmon



tuna



sardines



cod

## Shellfish

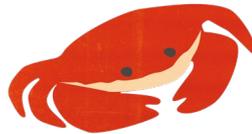
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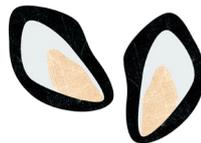
prawns



lobster



crab



oysters



clams



scallops



mussels



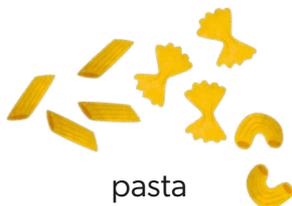
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## Wheat

(choose from below)



bread



pasta



noodles



semolina



couscous



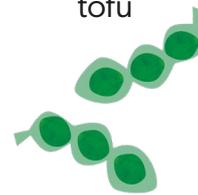
chapatti

## Soy

(choose from below)



tofu



soybeans (edamame)



soy milk



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